

Application No.: 10/702,611

Amendments to the Claims

Please cancel claims 1-3, 10, 11, 13, 18 and 19 and amend claims 4-7, 12 and 15 as follows. This listing of the claims will replace all prior versions, and listings, of the claims in this application.

1-3. (canceled)

4. (currently amended) The device according to ~~claim 1~~ wherein An exercise device comprising:
a geometric element with a relatively flat bottom;
a top comprising a compressible covering;
a spring element between the top and the bottom of the device, the spring element comprising
comprises an inflatable bag;
whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device during an exercise.

5. (currently amended) The device according to ~~claim 1~~ 4 wherein the exercise is a push-up.

6. (currently amended) The device according to ~~claim 1~~ 4 wherein the exercise is a pull-up.

7. (currently amended) The device according to ~~claim 1~~ 4 wherein the exercise is a dip.

8. (previously presented) An exercise device comprising:
a geometric element with a relatively flat bottom;
a top comprising a compressible covering;
a spring element between the top and the bottom of the device;
whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device during an exercise; and
a means for decreasing the force required to be exerted by a user during an exercise by adding resistive force to the to the spring element.

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9. (previously presented) The device according to claim 8 wherein the resistive force adding means comprises an elastic element.

10-11. (canceled)

12. (currently amended) The device according to claim ~~1~~ 8 wherein the device comprises user-assemblable components.

13. (canceled)

14. (previously presented) A method for doing an exercise comprising:
an exercise that is chosen from one of a push-up, pull-up and dip;
selecting a device comprising a spring force element that is chosen from at least one of a loop spring, coil spring, scissor spring or inflatable bag;
placing the spring force element under the body of a user at a chosen location so that the spring force element may exert a spring force on the body;
adding additional force elements to the spring element thereby:
increasing the spring force on the body; and
decreasing the force required to be exerted by the user during an exercise; and
doing the exercise.

15. (currently amended) The device according to claim ~~19~~ 5 wherein the compressible covering is contoured to fit to the shape of the human chest.

16. (previously presented) An exercise device comprising:
a geometric element with a relatively flat bottom;
a top;
a coil spring between the top and the bottom of the device, the coil spring comprising coils;
the compression force between the coils being adjusted by adding spacers between the coils;
whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device.

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17. (previously presented) An exercise device comprising:
a geometric element with a relatively flat bottom;
a top;
a loop spring between the top and the bottom of the device;
the compression force between the top and the bottom of the loop spring being adjustable by
adding at least one elastomeric band that is placed around the loop spring;
whereby the distance from the top to the bottom of the device varies with the amount of force
placed on the device.

18-19. (canceled)